

DEPARTMENT OF THE ARMY
U.S. ARMY MILITARY DISTRICT OF WASHINGTON
Washington, DC 20319-5050

MDW Regulation
No. 600-10

28 October 1994

Personnel--General
MDW SUICIDE PREVENTION PLAN

FOR THE COMMANDER:

JOHN A. OTIS
Colonel, GS
Chief of Staff

DISTRIBUTION:

A
B
C

OFFICIAL:

for D.L. Brown, Acting AG
MICHEAL J. COLEMAN
LTC, AG
Adjutant General

Summary. This is a new regulation. It establishes the Office of the Deputy Chief of Staff for Personnel (DCSPER) as the proponent of the Suicide Prevention Plan within the U.S. Army Military District of Washington (MDW).

Applicability. This regulation applies to all elements of MDW with soldiers assigned or attached. It applies specifically to the staff elements with responsibilities for managing and administering this program.

Supplementation. Supplementation of this regulation is prohibited except upon approval of the Cdr, MDW. Proposed supplements must be fully justified in writing and submitted for approval to Cdr, MDW, ATTN: ANPE, Building 48, Fort Lesley J. McNair, Washington, DC 20319-5050.

Suggested improvements. The proponent of this regulation is the Office of the DCSPER. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms), to Cdr, MDW, ATTN: ANPE, Bldg 48, Fort Lesley J. McNair, Washington, DC 20319-5050.

1. Purpose

This regulation provides the suicide prevention plan for the U.S. Army Military District of Washington and all units assigned.

2. References

Related publications are listed below:

- a. AR 195-2 (Criminal Investigation Activities).
- b. AR 600-63 (Army Health Promotion).
- c. AR 600-85 (Alcohol and Drug Abuse Prevention and Control Program).
- d. DA Pam 165-14 (Moral Leadership - Prevention of Suicide and the Moral Aspects of Safety).
- e. DA Pam 600-24 (Suicide Prevention and Psychological Autopsy).
- f. DA Pam 600-70 (Guide to the Prevention of Suicide and Self-Destructive Behavior).

3. Explanation of abbreviations

Abbreviations used in this regulation are listed below.

- a. AC - Active Component
- b. ASPP - Army Suicide Prevention Program
- c. DCSPER - Deputy Chief of Staff for Personnel
- d. FMSPP - Family Member Suicide Prevention Program
- e. MACOM - major Army command
- f. MDW - U.S. Army Military District of Washington
- g. NCO - noncommissioned officer
- h. RC - Reserve Component
- i. SIR - Serious Incident Report
- j. SPTF - Suicide Prevention Task Force
- k. UMT - Unit Ministry Team

4. Suicide prevention

Suicide prevention must be the business of every leader, supervisor, soldier, and civilian employee in MDW. To facilitate this effort, a coordinated program for suicide prevention is needed at each MDW installation.

5. Responsibilities

a. The Deputy Chief of Staff for Personnel (DCSPER) will--

(1) Manage and coordinate the program at the MDW MACOM level. Monitor data, and develop and implement programs to achieve Army Health Promotion.

(2) Appoint a Suicide Prevention Coordinator to provide installation assistance for and staff supervision of the ASPP.

b. The Command Chaplain will:

(1) Ensure that installation/garrison chaplains within MDW develop and publish suicide prevention lesson plans for their UMT to target four groups: Commanders, E-1 to E-4, NCOs, and family members within their commands. The UMT is the primary trainer at unit level.

(2) Assure that unit chaplains are prepared to monitor and assess the level of suicide awareness in units as well as stress factors that may be controllable by unit leaders and supervisors.

(3) Ensure that all unit chaplains are adequately prepared to advise their commanders on moral, ethical issues and other stress factors that may result in an increased number of unit personnel at risk.

(4) Develop policies and procedures for unit chaplains that will ensure an active monitoring of high risk soldiers or family members within their areas of responsibility.

(5) Assure that all chaplains within the command are trained to identify individuals who may be at increased risk of suicide and make an appropriate referral. This training will be conducted with the assistance of local mental health officers.

c. The Staff Medical Officer will:

(1) Assure that local health care providers are trained in crisis intervention techniques using periodic in-service education at least yearly.

(2) Ensure training is provided to the following organizations annually:

- (a) Chaplains and UMT members.
- (b) Army Community Service staff.
- (c) Alcohol and Drug Abuse Prevention and Control Program counselors.
- (d) Management employee relations specialists at civilian personnel.
- (e) Military Police who respond to suicide incidents.
- (f) Youth Services employees.
- (g) Community Social Workers/Psychologists.
- (h) Crisis or other hot line counselors.

(3) Appoint a mental health officer to conduct a psychological autopsy for every suicide and suspected suicide of AC and RC soldiers, AC family members, and Army civilians. This information will be provided to the commander of the local U.S. Army criminal investigation activity for inclusion in the report of investigation of the death.

d. The Public Affairs Officer will use the Pentagram, Eagle, Soundoff, and Network to publicize and coordinate promotion of the program throughout the year to encourage interest and participation in the suicide prevention efforts.

e. Installation commanders will:

(1) Establish and chair an installation Health Promotion Council.

(2) Appoint a Fit-to-Win Program Coordinator to integrate health promotion activities and monitor program progress.

(3) Establish a committee to plan, implement and manage their installation suicide prevention program. This function may be assigned to a subcommittee of the installation Health Promotion Council or may be a separate SPTF as defined in Chapter 2, DA Pam 600-24. This committee will collect and analyze local data on suicide attempts. This analysis will include the numbers of high, medium, and low lethality attempts by category of personnel and by unit. Data reflecting the reasons for suicide attempts will be collected and reviewed for possible linkages.

(4) Coordinate with their installation Public Affairs Office for publication and promotion of the program throughout the installation.

(5) Publish an installation suicide prevention plan. Each installation plan will be in concert with the MDW Suicide Prevention Plan. Provide the plan to the MDW Suicide Prevention Coordinator, ATTN: ANPE, for review and recommendations to the command. The plan will include:

(a) Seasonal challenges especially during the winter holiday period.

(b) Unique conditions on the installations such as high stress units, availability of housing, cost of living and other factors that relate to suicides.

(c) How the different staff elements support the unit commander with suicide prevention.

(d) Specific instructions for unit commanders on dealing with suicide incidents.

f. Installation provost marshals will:

(1) Ensure that military police forces respond to potential suicide situations discretely and cautiously to avoid increasing stress.

(2) Complete and forward an SIR for each suicide and attempted suicide in accordance with paragraph 3-5 and appendix C of AR 190-40 to these addresses:

TO: HQDA Washington DC//DAMO-ODL//

INFO: CDRUSAMPSA ALEXANDRIA VA//DAMO-ODL-O//
CDRUSACIDC FALLS CHURCH VA//CIOP-ZA//
CDRUSAMDW WASHINGTON DC//ANPM//

(3) Provide military police investigation results for each suicide and attempted suicide to the MDW Suicide Prevention Coordinator, ATTN: ANPE, for review and recommendations to the command.

(4) Establish liaison with local civilian police agencies, as appropriate, to coordinate community suicide prevention programs and procedures.

(5) Serve as a member of the installation commander's Health Promotion Council.